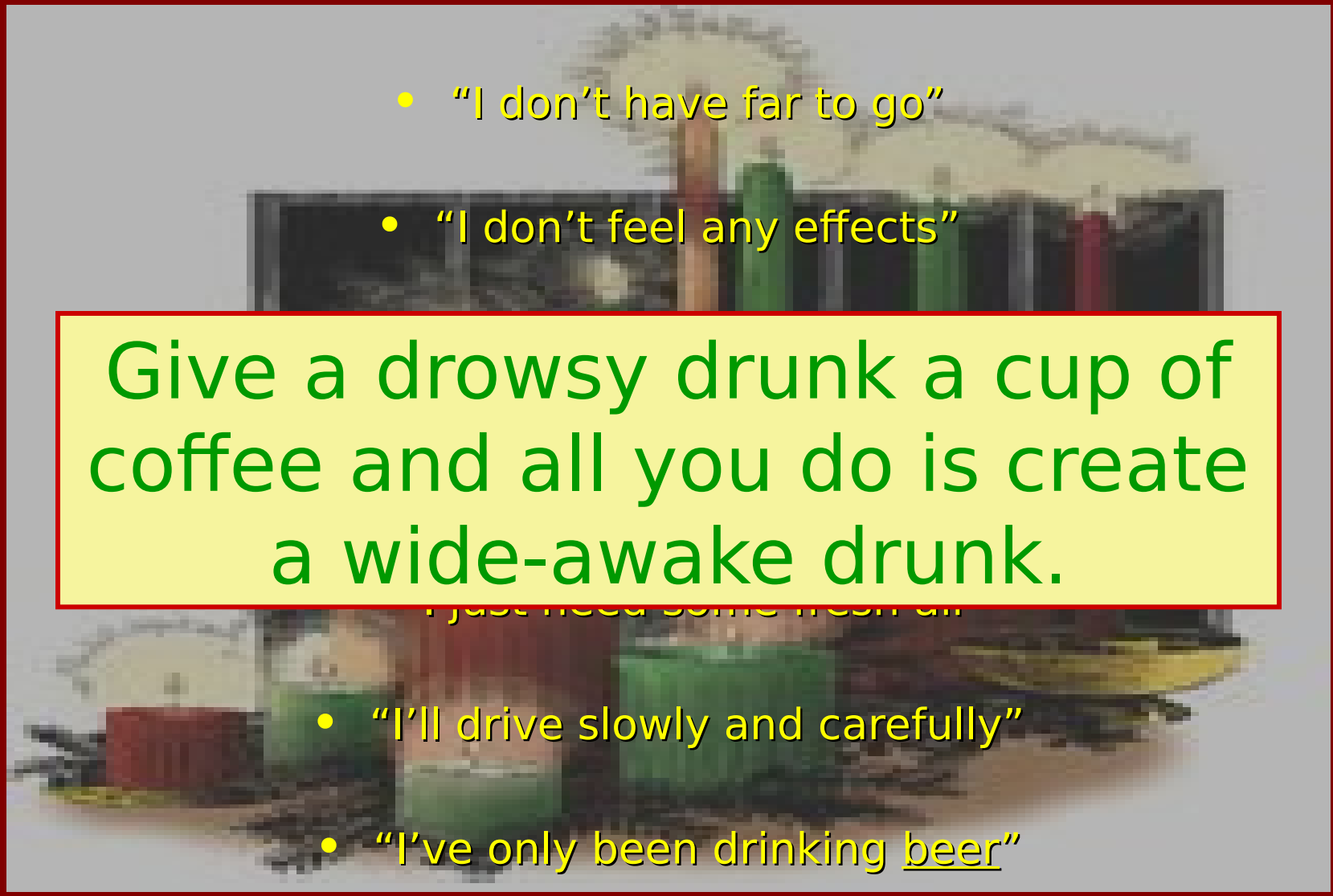
It's the Holiday Season

THINK BEFORE YOU DRINK

… AND DRIVE

MYTHS ABOUT DRINKING



- "I don't have far to go"
- "I don't feel any effects"

Give a drowsy drunk a cup of coffee and all you do is create a wide-awake drunk.

- "I'll drive slowly and carefully"
- "I've only been drinking beer"

FACTS ABOUT DRINKING ALCOHOL

- One 12-ounce can of beer, one 4-ounce glass of wine, or one mixed drink with 1 1/4 ounces of 80-

Time is the only cure. It takes the body about one hour to eliminate a 12 ounce can of beer or a 4-ounce glass of wine.

- There are dozens of factors that affect reaction to alcohol — body weight, time of day, body chemistry, etc.

AGE GROUP MOST AT RISK

21-34 age group –

- nearly half of all the drunk drivers involved in alcohol-related fatal crashes
- have more alcohol-related fatal crashes than any other age

FRIENDS DON'T LET FRIENDS DRIVE DRUNK!

- have the highest blood alcohol concentrations (BACs) in fatal crashes
- twice as likely to have experienced a prior crash
- four times more likely to have their licenses suspended or revoked
- most resistant to changing their drinking and driving behavior

Based on German Law, the numbers in red indicate DWI

WAS YOUR BREATH TEST ACCURATE?

Drinks	Weight in Pounds: 100	120	140	160	180	200
1	.04	.03	.03	.02	.02	.02
2	.08	.06	.05	.05	.04	.04
3	.11	.09	.08	.07	.06	.06
4	.15	.12	.11	.09	.08	.08
5	.19	.16	.13	.12	.13	.09
6	.23	.19	.16	.14	.15	.11
7	.26	.22	.19	.16	.17	.13

Approx. Blood Alcohol Percentage

Subtract .01% for each 40 minutes of drinking. One drink is 1 oz. of 100 proof liquor, 12 oz. of beer, or 4 oz. of table wine. Food, fatigue, medications, and other conditions may cause your blood alcohol level to be different.

THESE FIGURES ARE FOR REFERENCE ONLY,

THEY ARE NOT TO BE USED AS ABSOLUTE!!

How to Spot a Drunk Driver

A driver under the influence of alcohol may:

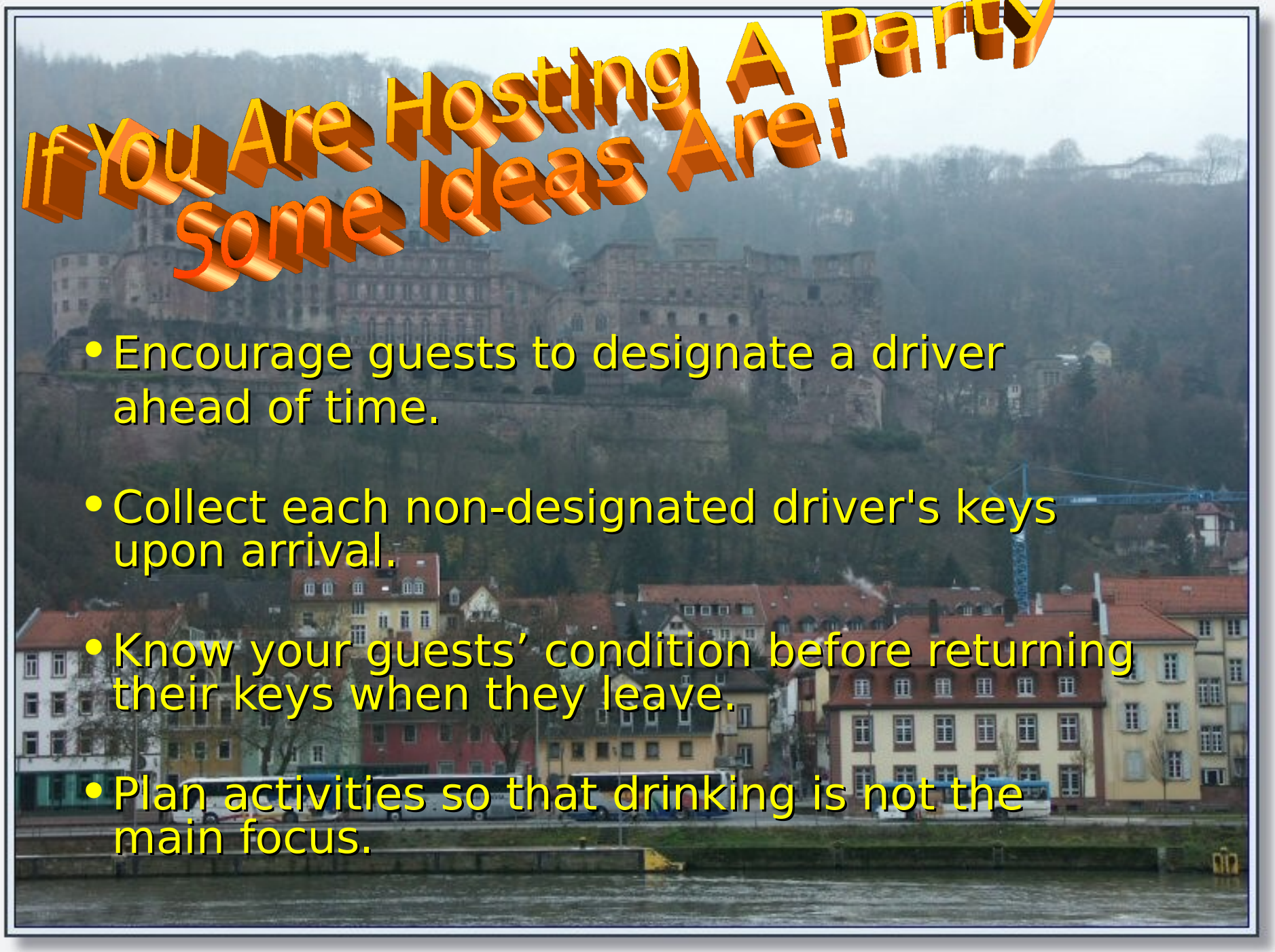
- Drive with the window rolled down in the cold
- W
- P
- F
- Make wide turns
- Tailgate

The Drunk Driver is not the only one at risk...

WE ALL ARE!

What Can You Do To Stop Drunk Driving?

- Designate a driver ahead of time - A designated driver is a non-drinking driver
- Take a cab or public transportation
- Make a reservation and spend the night
- Sip your drinks, consume food, and alternate with non-alcoholic beverages
- Ask about a ride home if you have been drinking to the point of impairment
- Don’t give in to peer pressure


If You Are Hosting A Party
Some Ideas Are!
• Encourage guests to designate a driver ahead of time.
• Collect each non-designated driver's keys upon arrival.
• Know your guests' condition before returning their keys when they leave.
• Plan activities so that drinking is not the main focus.

If You Are Hosting A Party Some Ideas Are:

- Serve non-alcoholic beverages and a variety of food.
- Mix alcohol punch with fruit juice to slow the absorption rate of alcohol into the blood stream.
- Designate one person to serve as the bartender.
- Stop serving alcohol one-two hours prior to end of party.
- Offer safe ride home or sleepover.

Implied Consent

- Persons who operate a motor vehicle give their consent to chemical tests for alcohol or other drugs if lawfully stopped while driving or in physical control of a motor vehicle.

German police may forcibly administer chemical tests.

- Failure to submit will result in revocation of license.

Booze It and Lose It

Drunk driving conviction in Europe can have stateside consequences.

- Provost Marshal notifies the State which issued your license when your license is suspended for alcohol-related driving offenses.
- Your blood-alcohol level is also reported.

SUSPENSIONS

BLOOD ALCOHOL LEVEL OF .05 TO .079%

- POV License Suspension For 3 Months
- Military License Suspension For 3 Months
- Six Points Assessed On Drivers License
- ASAP Referral
- General Officer Letter of Reprimand:

  Very High Probability

SUSPENSIONS

Driving Under The Influence

BLOOD ALCOHOL BETWEEN .08 TO .099%

- POV License Suspension For 6 Months
- Military License Suspension For 6 Months
- Six Points Assessed On Drivers License
- ASAP Referral
- General Officer Letter of Reprimand: *Very High Probability*

REVOCATION

BLOOD ALCOHOL OF .1% AND ABOVE

- **License Revoked**
  - **May Not Apply For New License For 1 Year**
  - **ASAP Referral**
  - **General Officer Letter of Reprimand**

REVOCATION

Licenses revoked for 5 years:

For the second time within 5 years:

- DWI
- Refusing to take a chemical test
- Testing positive for illegal drugs

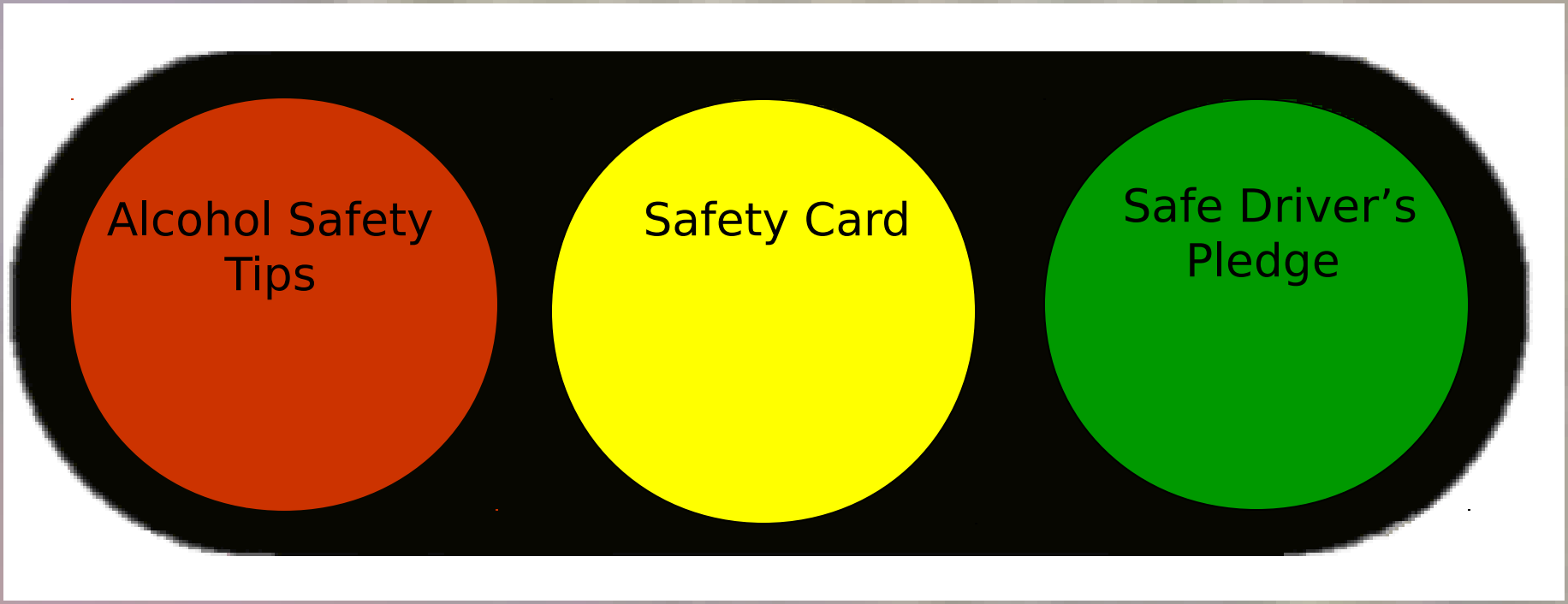
Licenses revoked indefinitely:

- Three alcohol-related offenses over any time period

- .03-.049% BAC (accident) = DWI
  Fines & Auto repairs
- .05-.079% BAC = DWI
  Fines up to € 500
- .08% BAC = DWI
  Fines & Legal fees Up to € 5000

Risk Reduction Ideas for the Soldier

How much are you going to drink?



Alcohol Safety Tips

Risk Reduction Ideas for the Soldier

- Don’t drink and drive, boat, or swim.
- Use designated driver when going out to drink.

You will not be penalized for using common sense

- Carry the number to your Staff Duty Officer or Military Police when going out drink.
- Drink in moderation. Alcohol is a poison.
- Do not go to unknown bars and clubs by yourself.

Safety Card

Risk Reduction Ideas for the Soldier

- Always evaluate your personal risk level.
- Analyze the details of your planned travel.
- Inspect your vehicle.
- Let someone know where you are going, e.g. Staff Duty.
- Have car fare in case of emergency.

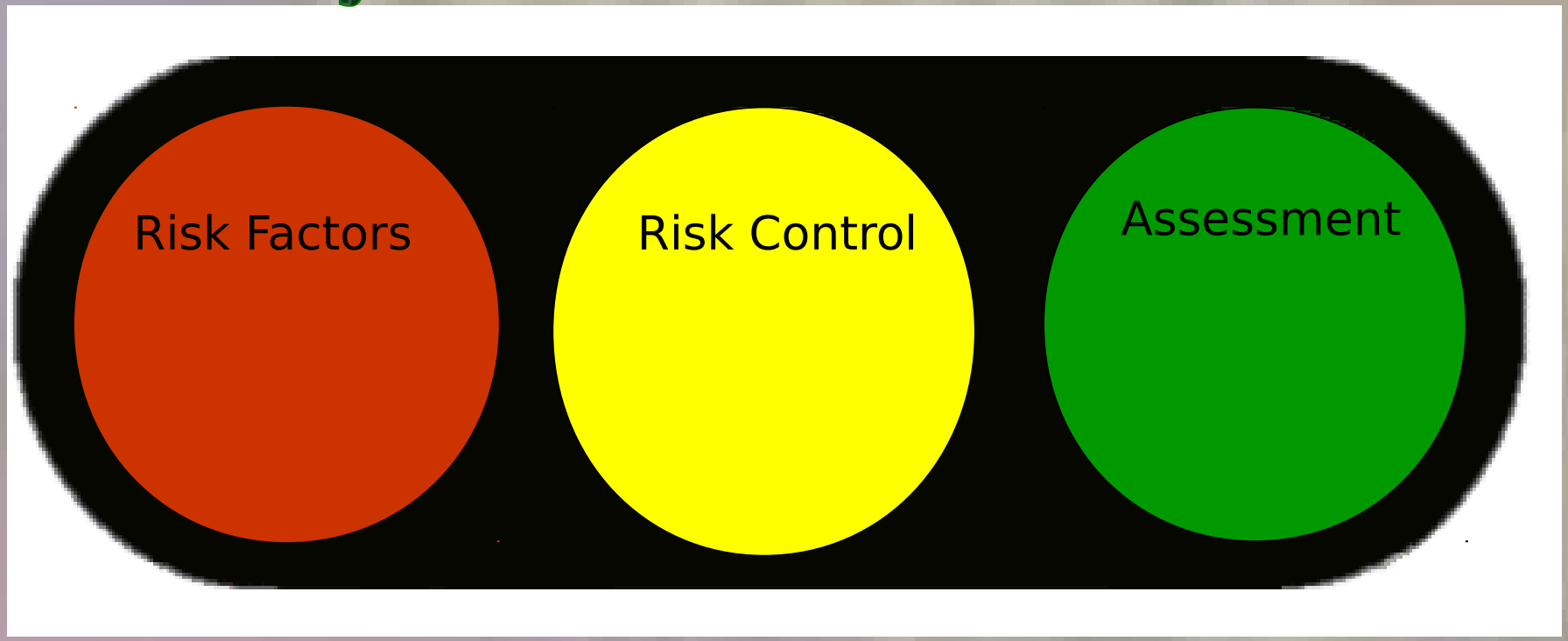
Safe Driver Pledge

Risk Reduction Ideas for the Soldier

- Pledge to always make sure everyone buckles up.
- Pledge to obey all traffic laws and speed limits.
- Pledge to be a responsible driver.
- Pledge to stay alert while driving.
- Pledge never to take safety for granted.
- Pledge not to drink and drive.

Risk Reduction Ideas for the Supervisor

Is your soldier at risk?



Risk Factors

Risk Reduction Ideas for the Supervisor

- Sex
- Age
- Grade
- Driving Record
- Personnel Concerns
- Driving Skills

Risk Reduction Ideas for the Supervisor

Risk Controls

- Defensive Drive Course
- Accident Avoidance Course
- Counseling by Supervisor
- Counseling by Commander/1st SGT

Risk Reduction Ideas for the Supervisor

Risk Assessments

- Extremely High Risk = counseling
- High Risk = counseling
- Moderate Risk = training/counseling
- Low Risk = training

If you do not chose a designated driver

POLICE
One will be appointed for you

Remember, this holiday season,

Arrive Alive

Don't Drink And Drive

Question # 1

Which age group is more at risk for drunk driving incidents?

A. 18-23

B. Teenagers

C. 21-34

D. All ages

Answer: C

Question # 2

Select the MYTHS about drinking and driving.

A. I’m more alert after a few drinks

B. Coffee will sober me up

C. I only drink beer which does not effect me

D. Time is the only way to sober me up

E. A, B, and C

F. All of the above

Answer: E

Question # 3

Name the facts about drinking alcohol.

A. Alcohol is a depressant, it causes you to become drowsy

B. Everybody drinks

C. Alcohol slows down your reaction time behind a wheel

D. A and C

E. All of the above

Answer: D

Question # 4

What are some risk reduction measures?

A. Go drinking with friends

B. Stop drinking after your money runs out

C. Choose a designated driver

D. How much are you going to drink?

E. All of the above

F. A, C, and D

Answer: F

Question # 5

What are some dangers of driving impaired?

A. Injury

B. Death

C. Legal Consequences

D. All of the above

E. A and B

Answer: D

Question # 6

What are some safe party ideas when serving alcohol?

A. Serve a variety of foods

B. Have non-alcoholic drinks available

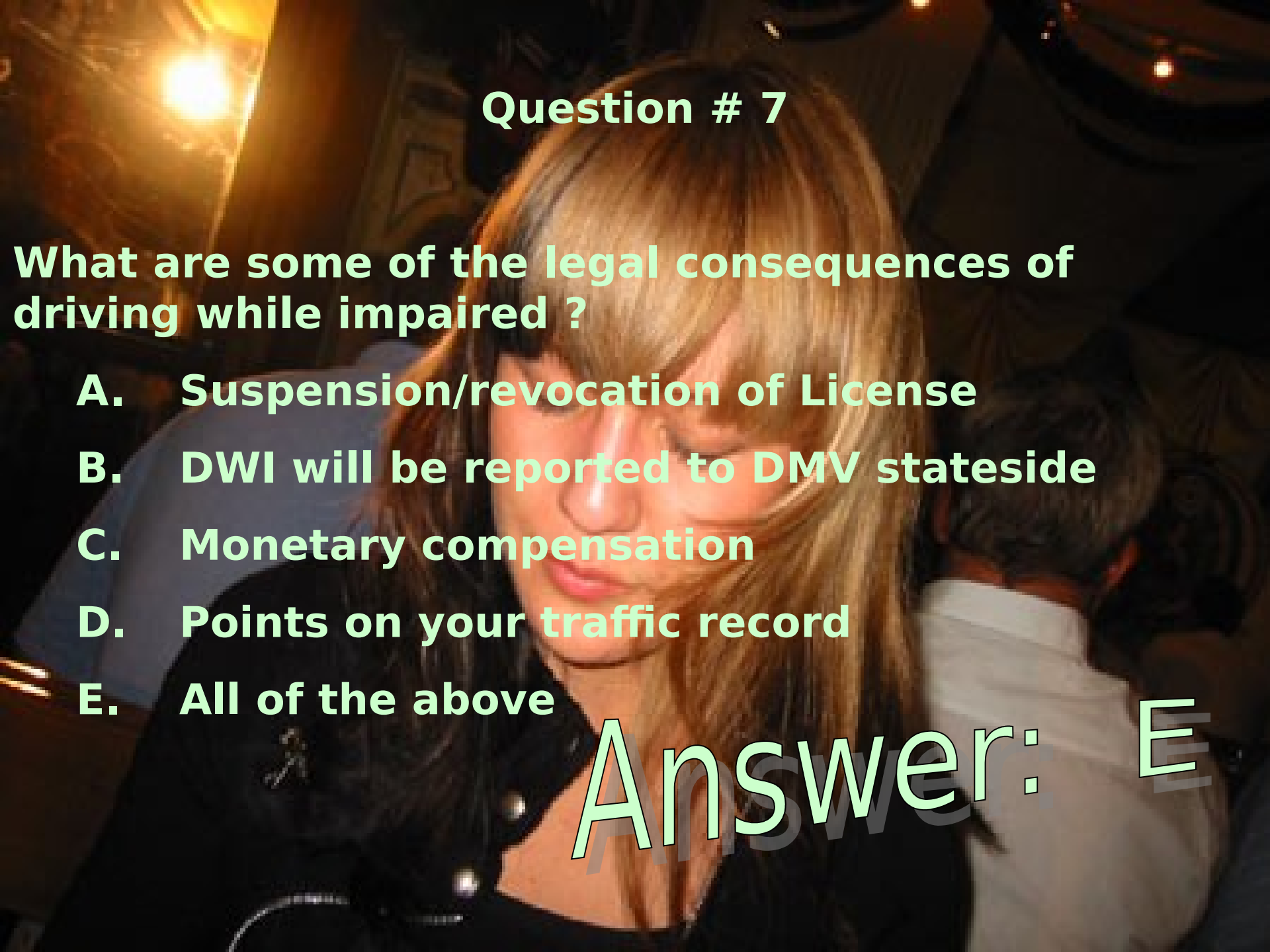
C. Ensure your guests get home safely

D. Have an open bar

E. A, B, and C

F. B, C and D

Answer: E



Question # 7

What are some of the legal consequences of driving while impaired ?

A. Suspension/revocation of License

B. DWI will be reported to DMV stateside

C. Monetary compensation

D. Points on your traffic record

E. All of the above

Answer: E

Question # 8

Name the steps you can take to avoid driving impaired.

A. Nothing

B. Take a cab or public transportation

C. Call your chain of command and ask about a ride home if you have been drinking to the point of impairment

D. Don’t give in to peer pressure

E. B, C, and D

Answer: E

Question # 9

What is NOT Implied Consent?

A. You have given permission for military and civilian police officers to suspend/revoke your license should you drive while under influence.

B. The Polizei may take your blood for chemical testing if they believe you are driving impaired.

C. You can be charged with DWI if found sleeping in your car under the influence.

D. Polizei may come to your home 2 hours after your car accident and request a chemical test be done.

E. None of the above.

Answer: E

Question # 10

How would you spot a drunk driver?

A. Drives too slow

B. Weaves on the road

C. Pass dangerously close to other cars

D. Makes wide turns

E. All of the above

Answer: E

Brought to you by the

Army Substance Abuse Program
Employee Assistance/Prevention Coordinators

EMPLOYEE ASSISTANCE PROGRAM COORDINATOR /PREVENTION COORDINATO

Landstuhl ASAP
Bldg. 3820, Rm. 207
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Heidelberg ASAP
Bldg. 3752, Rm. 306
104 Romerstrasse
DSN: 370-6069 CIV: 06221-57-6069

Mannheim ASAP
Bldg. 214, Rm. 1
Sullivan Barracks
DSN: 385-2601 CIV: 06217-30-2601

Darmstadt ASAP
Bldg. 4006, Rm. 302
Cambria Fritsche Kaserne
DSN: 348-6750 CIV: 06151-69-6750

Alcohol & Drug Control Officer:

ASAP Division Office, Bldg. 128, Patton Barracks,
DSN: 373-7475 CIV: 06211-17-7475

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